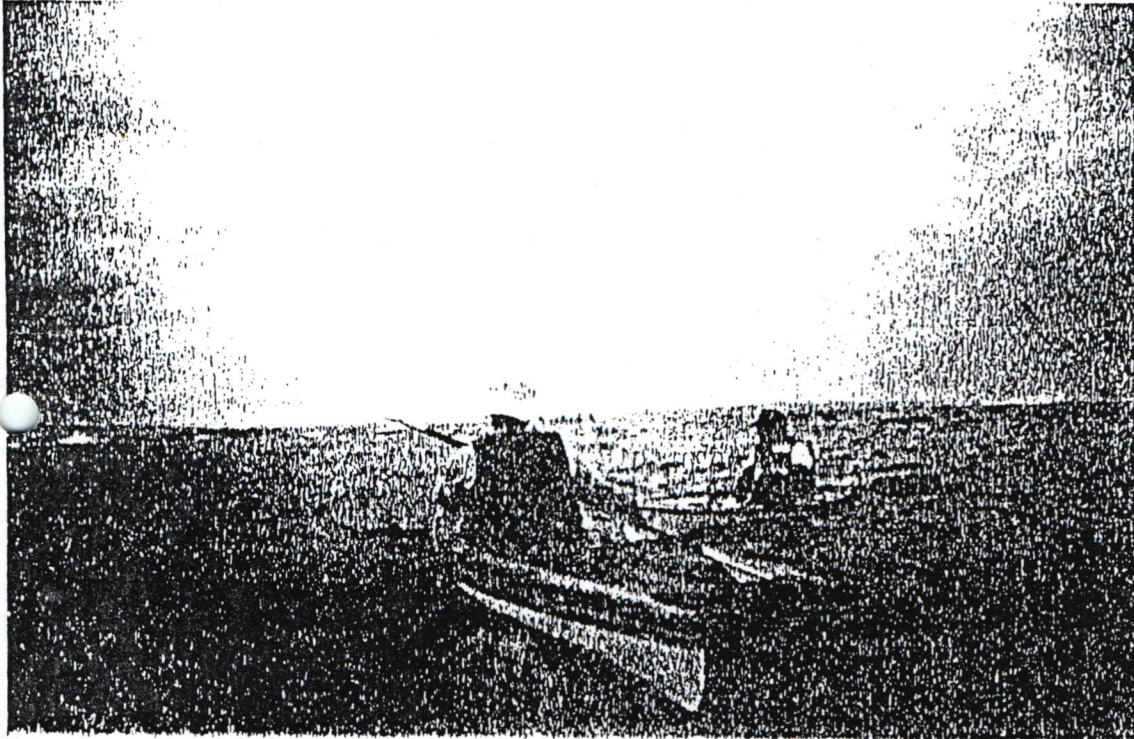


NSW SEA KAYAKER

Newsletter of the NSW Sea Kayak Club Inc.



No. 11 March 1992



MINUTES OF THE GENERAL MEETING OF THE NSW SEA KAYAK CLUB INC.
HELD ON THE 2ND MARCH 1992 AT THE POLICE CITIZENS YOUTH CLUB BURWOOD,

PRESENT: Graham Mundy, Ken McDonald, Shirley Abrahall, Ian McCallan
Cezar Ramos, Gary Burnham, Ian Harding, Michael Richardson
Ray Abrahall

APOLOGIES: Mark Shrimpton

Meeting Opened 7-50PM

Presidents Report: Nil

Treasurers Report: Attached

Moved Ken McDonald Seconded Gary Burnham be received.

Moved K McDonald Seconded G Mundy
That members who have not paid their fees for 91-92 are now
unfinancial.

P.O. Box A1045 Sydney South, NSW 2000



Rescues, rolls and group gropes

23/3/92 -- Training day --

Manly. 10 a.m. 22.2.92. Whitecaps driven by a strong sou'easter were marching along from left to right, and the forecast was for stronger conditions to come. Great weather for a training day.

I joined Ken McDonald and several others who'd paddled across from Rose Bay and we headed out into the chop towards a cove on the eastern side of North Head. There, in sheltered waters overlooked by lush national park vegetation, 10 of us prepared to train.



Ken announced the plan: we would practise rescues and maybe later some rolls. However, the plan was flexible, he said, and if anyone else had some things they wanted to practice, such as basic paddle strokes, he was happy to accommodate. Well, yes, some of us did want to get down to basics, e.g. how to hold a paddle properly or how to wield a pen to sign a cheque for a new kayak, and so on.

After basics such as these, we paired off and took turns getting wet and rescuing one another. We practised two types of rescue, both involving the rescuer coming alongside the patient's upturned craft bow to stern, righting it and helping the patient to re-enter.

By the time we'd finished this, we were ready for lunch. But no, Ken was worried we might die of cold, so, to warm us up, he organised a race that would involve teams of three competing to tow one of their number over a distance of about 200 m. The idea was to teach us how to attach a tow-line correctly to the kayak of someone who has been incapacitated by sea-sickness or lack of lunch.



As mentioned, the idea was to warm us up, but since the only person who seemed to be shivering was Ken himself, and since he was the only person not taking part in the race, this aspect of the exercise was not entirely successful.

For 20 minutes we raced back and forth between the beach and a yacht whose occupants were an older couple who'd anchored in the bay for a quiet lunch far from crowds of yelling water-sporters. Some kids in an inflatable paddled over to ask us if we were



greenies from Greenpeace, wondering, no doubt if we were practising emergency escapes from toxic-waste dumpers or whaling ships. We pointed out that Greenpeace usually uses inflatables.

At last it was lunchtime. On such occasions people usually stand a short distance from their kayaks and admire them as they munch on their wholemeal bread and beansprout sandwiches. They only pretend to look at other people's kayaks; secretly they've got eyes for only their own. Even if they're talking to someone, they shoot quick glances towards their craft.

After we'd finished mentally groping our boats, Ken gave some instruction on how to roll. Ever since I had rolling lessons in a swimming pool I've had an aversion to this form of self-inflicted water-torture. There are few things worse than having salt water forced up your nose while hanging upside down. It took me a month to get all the water out of my head after that pool session. So it was with some trepidation that I volunteered to be first victim on this occasion.



The big difference between this time and the last was that I was now wearing a face mask. This meant not only that the water was not getting up my nose while I was hanging below the kayak, but also that I could closely inspect the seabed while trying to get my paddle into position. Another difference was that I was learning the Pawlata roll instead of the screw roll, which I had failed miserably at. Now, with the greater leverage provided by the Pawlata method, rolling came easily.

By now it was thundering and squalling. Time to head for home. While the others set off for South Head and Rose Bay, I dodged the ferries and the Jetcats on the crossing to Balmoral.

Apart from myself, those who trained with Ken were: Gwen Chance, Desma Carter, Ron Arias, Gary Steer, Peter Ingleby, Graham Mundy, Ferdinand Puchner and Alan Smith.

Peter Meredith

TRIP CALENDAR

Please contact the trip leader by 8.00 pm Wednesday before the event.

MARCH

- Sunday 22/3/92 - Long Reef to Palm Beach and return. See the northern beaches and get some exercise.
Contact Phil Chidgey 809 6605 (H)
- 28-29/3/92 - Shell Harbour and Gerroa weekend of fun and learning experiences (you might even see a whale)
Contact Mark Shrimpton (044) 651 424 (H)

APRIL

- 4-5/4/92 - Jervis Bay weekend 5 star accomodation with paddler training high on the agenda.
Contact Mark Shrimpton (044) 651 424 (H)
- Sunday 12/4/92 - Patonga 20km return (mystery destination) followed by "fish and chips" on the beach. 10 am start.
Contact Peter Ingleby 363 2069 (H)
- 17-20/4 Easter - Port Stephens long weekend tour. Carry your camping gear and live out of your boat for the weekend.
Contact Bruce Lee 477 2914 (H) 957 8403 (B)
- Sunday 26/4/92 - Liesurely 15km return paddle suitable for everyone
9.00 start at the boat ramp Gunnamatta Bay, Cronulla.
Contact Perc Carter 523 6157 (H)



~~ALE BAKER~~ 066-561-907

ARTIC RAIDER

John Wilder

CANBARA GRAHAM
REDH

BRUCE EASTMAN

MAY

Sunday 10/5/92 - Easy paddle on the Harbour. Dodge the ferries and see the sights.
Ray and Shirley Abrahall 528 9091 (H)

23-24/5/92 - Batemans Bay weekend. Spend the weekend honing your skills and enjoy the company of other paddlers while exploring this interesting area.
Contact Mark Shrimpton (044) 651 424 (H)

JUNE

6-7-8/6/92 - Long weekend cruise on the south coast, start from Tarthra stopping overnight at Arragunnu in Mimosa Rocks National Park, finish at Bermagui.
Contact David Winkworth 064 95 1527 (H)

SEPTEMBER

26/9 - 4/10/92 - WORLD MARATHON CANOEING CHAMPIONSHIPS IN BRISBANE
As a lead up to this event the Australian Canoe Federation has proposed that sea kayaks travel from Sydney and Cairns to Brisbane carrying the flags for the championships.

The Queenslanders have organised the trip from Cairns to Brisbane, we have been invited to do the southern leg or to accompany them on any of the 29 sections from Cairns to Brisbane starting 19th July.

If you are interested in paddling or helping support this promotional event, call Ken McDonald 520 5349 (H)

965. HOME MOON BAY.

25 26

SEA KAYAK RELAY
CAIRNS TO BRISBANE
1750 KILOMETRES
19 JULY - 27 SEPTEMBER, 1992



SECTOR 1

CAIRNS - TOWNSVILLE
340 KMS 12 DAYS 19-30 JULY

Leg 1	Cairns - Innisfail	95 kms	3 days	19-21 July
Leg 2	Innisfail - Kurraming Beach	35 kms	1 day	22 July
Leg 3	Kurraming - Lucinda	105 kms	4 days	23-26 July
Leg 4	Lucinda - Townsville	105 kms	4 days	27-30 July
Two days rest/catch up/publicity - Townsville				31 July-1 Aug

SECTOR 2

TOWNSVILLE - BOWEN
200 KMS 7 DAYS 2-8 AUGUST

Leg 5	Townsville - Cape Cleveland	40 kms	2 days	2-3 Aug
Leg 6	Cape Cleveland - Alva Beach	55 kms	2 days	4-5 Aug
Leg 7	Alva Beach - Cape Upstart	50 kms	1 day	6 Aug
Leg 8	Cape Upstart - Bowen	55 kms	2 days	7-8 Aug
One day rest/catch up/publicity - Bowen				9 Aug

264 3366
John Wilder

066-561-907

**SECTOR 3****BOWEN - MACKAY
205 KMS 9 DAYS 10-18 AUGUST**

Leg 9 Bowen - Airlie Beach	70 kms	3 days	10-12 Aug
One day rest/catch up/publicity - Airlie Beach			13 Aug
Leg 10 Airlie Beach - Mackay	135 kms	5 days	14-18 Aug
Two days rest/catch up/publicity - Mackay			19-20 Aug

SECTOR 4**MACKAY - YEPPON
345 KMS 11 DAYS 21-31 AUGUST**

Leg 11 Mackay - Sarina	35 kms	1 day	21 Aug
Leg 12 Sarina - Carmila Beach	65 kms	2 days	22-23 Aug
Leg 13 Carmila Beach - Arthur Point	65 kms	2 days	24-25 Aug
Leg 14 Arthur Point - Yeppoon	180 kms	6 days	26-31 Aug
Two days rest/catch up/publicity - Yeppoon			1-2 Sept

SECTOR 5**YEPPON - BURNETT HEADS (BUNDABERG)
297 KMS 11 DAYS 3-13 SEPTEMBER**

Leg 15 Yeppoon - Emu Park	32 kms	2 days	3-4 Sept
Leg 16 Emu Park - Gladstone	95 kms	3 days	5-7 Sept
Leg 17 Gladstone - Town 1770	75 kms	3 days	8-10 Sept
Leg 18 Town 1770 - Burnett Heads	95 kms	3 days	11-13 Sept
One day rest/catch up/publicity - Bundaberg			14 Sept

SECTOR 6**BUNDABERG - NOOSA
220 KMS 6 DAYS 15-20 SEPTEMBER**

Leg 19 Burnett Heads - Woodgate	40 kms	1 day	15 Sept
Leg 20 Woodgate - Hervey Bay	40 kms	1 day	16 Sept
Leg 21 Hervey Bay - Inskip Point	65 kms	2 days	17-18 Sept
Leg 22 Inskip Point - Cooloola Beach	35 kms	1 day	19 Sept
Leg 23 Cooloola Beach - Noosa	40 kms	1 day	20 Sept
One day rest/catch up/publicity - Noosa			21 Sept

SECTOR 7**NOOSA - REDCLIFFE
100 KMS 4 DAYS 22-25 SEPTEMBER**

Leg 24 Noosa - Maroochydore	30 kms	1 day	22 Sept
Leg 25 Maroochydore - Caloundra	20 kms	1 day	23 Sept
Leg 26 Caloundra - Bribie Island	30 kms	1 day	24 Sept
Leg 27 Bribie Is - Redcliffe	20 kms	1 day	25 Sept

SECTOR 8**REDCLIFFE - BRISBANE(SOUTH BANK)
43 KMS 1.5 DAYS 26-27 SEPTEMBER**

Leg 28 Redcliffe - Gibson Island	25 kms	1 day	26 Sept
Leg 29 Gibson Island - Brisbane	18 kms	0.5 day	27 Sept

FOR SALE ! FOR SALE! FOR SALE !**Greenlander IV, excellent condition, many extra's****\$1150 o.n.o Contact Jeff Coldhill tel. 543 4863 (h)**